



MAIDEN ERLEGH

SCHOOL

Headteacher: Mr P. Gibson
MSc (Educational Leadership), BA (Economics)

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17 January 2019

Dear Parent/Guardian

Anxiety Workshop Run By LKC Services

Date: 6 February 2019

Venue: Maiden Erlegh School, Silverdale Road

Time: 7.00pm - 8.30pm

We recognise the daily pressures placed upon young people today and sometimes the additional help they need be able to cope. We take any young person feeling stressed or anxious very seriously and as well as providing support in school, we are keen to provide parents with the tools for home.

We have been lucky enough to secure an anxiety workshop, which aims to support parents dealing with young people's anxieties. The session will equip you with strategies to support your son/daughter to cope and overcome their anxiety. The aim is to empower your son/daughter, to help them identify their passions and help them to focus positively on the future. The presentation will run through how anxiety can sometimes present itself and how this is observed. During this section it allows some interaction within the session and an opportunity ask questions. The last part of the presentation provides ideas on how to manage the issues seen at home and signposts additional support that can be accessed.

If you would like to book a place on this workshop please can I ask that you contact the school office with the number of places you would like via email office@maidenerleghschool.co.uk. Numbers are limited and therefore this event will operate on a first come first served basis. It is free of charge, however, if you book a place and then find you don't need it, we would request that you inform us so we can allocate a place to someone else.

If you have any further questions then please email me via the school office.

Yours sincerely

Claire Nimmo
Head of Year 9 &
Young Carers Lead at Maiden Erlegh School

Do you live with a young person suffering from anxiety, panic and stress?

Anxiety can really take toll on not only the young person's life but your life as well. There are many pressures that can contribute to your son/daughter feeling anxious such as; finding out who they are or deciding what to do and where to go next in their lives. Anxiety can lead to you feeling distant from your son/daughter and leave them struggling with their home and social life. It can be very destructive and leave you both feeling helpless when there is little or no communication going on.

This session will equip you with the skills you need to support your son/daughter to cope and overcome their anxiety and stress, empowering them to identify their passions and focus more clearly on their future whilst giving you peace of mind.

If you have any questions please contact your school office.

HELP YOUR SON/DAUGHTER ATTACK ANXIETY

Maiden Erlegh School

**Wednesday 6 February 2019
7:00pm-8:30pm**

Booking required please contact your school office

office@maidenerleghschool.co.uk



LEARN TO GIVE THE SUPPORT YOUR CHILD NEEDS. HELP THEM TAKE CONTROL



**WOKINGHAM
BOROUGH COUNCIL**